



Threave Rovers FC

Meadow Park Blackpark Road Castle Douglas DG7 1DJ

First Aid Plan

Introduction

Threave Rovers Football Club is a member of the Southern Counties FA, and South Of Scotland Football League and is also a full member of the Scottish Football Association.

It is the policy of Threave Rovers FC to take all reasonable and practicable steps to safeguard the Health and Safety and welfare of all employees at work and to protect all other persons against hazards to health and safety arising out of the clubs activities. This document details the clubs first aid plan and should be read in conjunction with the safety policy of the club.

Purpose

This plan is to provide guidance to the staff on the provision of the first aid in our work- place at Meadow Park. We are committed to providing a safe and healthy environment for all staff, supporters, or visitors, and the appointment of qualified first aid officers will ensure that anyone on our premises will have access to first aid assistance should an injury or illness occur.

All members of the staff at the club have a duty of care, to themselves and others within the grounds of Meadow Park to provide assistance when required to the level of their competence including calling on expert assistance when necessary as set out in this first aid plan.

First Aid Procedures

First Aid Officers:

Threave Rovers will train an appropriate number of personnel to the standard of Sports Injury training carried out by the Red Cross.

Threave Rovers will maintain a register of all personnel who have a Red Cross Sports Injury Certificate.

Threave Rovers will ensure that a minimum of one person holding a Sports Injury Certificate will be present at each home game.

For each home game a lead First Aid Officer will be appointed by either the club Safety Officer, chairman or Secretary.

First Aid Officers Responsibilities

Provide initial first aid attention when necessary to members of staff and the public whilst within the grounds of Meadow Park.

Must remain with the injured or ill person until no further treatment or assistance is required or until the person is handed over to the ambulance or other medical personnel unless the officer's personal safety is at risk.

Recognise their limitations and only administer or carry out duties that have been included in their training.

Ensure the Club's accident book is updated for the treatment of any person in relation to any injury / incident. The club's accident book is in the secretary's office.

Ensure that they are aware of the location of the Club's first aid kits and medical room.

Absence of First Aid Officers

In the event of a First Aid Officer not being immediately available to administer first aid in an emergency Threave Rovers Football Staff should

- 1 - If possible escort the patient to Castle Douglas Hospital.
- 2 - If possible escort the patient to Castle Douglas Medical Centre
- 3 - Call an ambulance.

Castle Douglas Medical centre is open weekdays from 9am to 5pm
It is approximately 3 minutes by car.

Castle Douglas Hospital is approximately 3 minutes by car.

Castle Douglas Ambulance Station is adjacent to Meadow Park.

Contact Numbers.

Castle Douglas Medical Centre Tel 01556 505900

Castle Douglas Hospital Tel 01556 502333

Ambulance Station Tel 01556 503383 & 999

Staff Awareness

All staff will be advised of the nature of first aid facilities in Meadow Park, the location of the first aid kits, the names of the first aid officers, the procedures to follow when first aid officers are absent, and the procedures to be followed when first aid is required.

This will be communicated to all staff, personnel at the start of the new season or if a new member joins the club. The first aid plan will also be published on the club web site along with other policies.

First Aid Kit

Threave Rovers will have available at each home game a mobile first aid kit that has been approved by the club doctor.

Threave Rovers will have available a static wall mountable first aid kit located in the medical room which will be approved by the club doctor and will be suitable for up to 50 persons.

Threave Rovers will have available for each home game a mobile 5- persons first aid kit.

Threave Rovers will have available for each away game a mobile player's first aid bag approved by the club doctor.

First aid kits will be under the control of trained first aid personnel.

A list of all personnel who have Red Cross Injury Certificates will be placed near the first aid kit in the medical room.

Threave Rovers will ensure that all kits under their control are fully stocked and items in date and carry out regular audits on the contents and replenish when required.

The Minimum items held in each kit are detailed as follow:

Numbers

Static first aid kit in medical room

Assorted Sterostrip wash-proof plasters	60
Steropax Standard Eye pad Dressings	6
Steropax Standard Dressing (Medium)	12
Steropax Standard Dressing (Large)	4
Triangular Bandages	8
Alcohol Free Cleansing Wipes	20
Safety Pins	12
Pairs of disposable Gloves	3
Foil Blanket	2
Resuscitation Equipment (Suction Device, Airways, Bag & Mask)	1
Scissors. Blunt Nose	1
Automated External Defibrillator	1(AED)

<u>Mobile First Aid Kit</u>	Number
Assorted sterile adhesive dressing	60
Eye pads	6
Standard Dressing (Medium)	12
Standard Dressing (Large)	4
Triangular Bandages	8
Alcohol Free Cleansing Wipes	20
Safety Pins	12
Pairs of Disposable Gloves	3
Foil Blanket	2
Scissors. Blunt Nose	1
AED will be in this kit on Match Days	

<u>Mobile Players First Aid Bag</u>	Number
Plasters 10cm x 9cm	4
Creep Bandage 7.5cm x 4.5cm	1
Triangular Bandages	1
Zinc Oxide	1
Elastic adhesive Bandage 2.5cm x 4.5cm	1
Alcohol Free Cleansing Wipes	1
Pairs of Disposable Gloves	1
Sterile Swabs 10cm x 10cm	5
Instant Ice Pack	1
Foil Blanket	1
Scissors. Blunt Nose.	1

In Addition Threave Rovers currently have two members of personnel trained and authorised to use an Automated External Defibrillator (AED).
That is Charles Walker and Chambers Hill.
The club is in possession of an AED at present.

Medical Certificate

Threave Rovers will also obtain a yearly medical certificate, which is issued by the SFA Chief Medical Officer

Document Control

Authorised for issue:-

Threave Rovers Football Club Chairman:

David McVitie: *David Mc Vitie*

Date: 29/05/2018

Threave Rovers Football Club Safety Officer:

Robin Hogg: *Robin Hogg*

Date: 29/05/2018

Mandatory Review Date (To be reviewed and published every year).

Review Date: 29/05/2019
